



# NEWS RELEASE

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FOR IMMEDIATE RELEASE

## City of Las Vegas February 2009 Senior Special Events

All activities are subject to change. Call to verify times and dates. List is not all-inclusive. All facilities offer exercise, fitness, craft, arts, dance, music and computer classes; cards, games, discussion and social groups. Call centers near you for complete list of classes and activities. Most activities require \$2 annual membership to City of Las Vegas Senior Citizen Programs. Centers are closed Feb. 16.

### **Free Grandparent Support Group** (ages 50+)

Second and fourth Wednesdays, 1 p.m. Register in advance.

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

### **Free Senior Law Project Informational Seminars** (ages 60+)

Mondays, 9 a.m. to noon. Advance registration required.

Downtown Senior Services Center, 310 S. 9<sup>th</sup> St., (702) 229-6596.

An elder law attorney will discuss wills, health care, financial issues and other concerns affecting seniors.

### **Free Blood Pressure Checks** (ages 50+)

Wednesdays, 9 to 10 a.m.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Mondays, 8:30 to 9:30 a.m.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

### **Yoga** (ages 50+)

Friday, 11 a.m.

Fee: \$3

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

### **Free Utility Tax Rebate Program Assistance** (ages 60+)

Call for more information. Some senior citizens who live within city limits may apply for utility tax rebates, if they qualify. You will need your 2008 utility bills, proof of your income and identification.

Monday through Thursday, through March 19, 9 a.m. to 3 p.m.

Downtown Senior Services Center, 310 S. 9<sup>th</sup> St., (702) 229-6690. Se habla español.

Mondays, through March 16, 9 to 11:30 a.m. and 12:30 to 3 p.m.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Monday through Wednesday, through March 19, 9 a.m. to 2 p.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Thursdays, through March 12, 9 a.m. to noon

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Thursdays, through March 19, 9 a.m. to noon and 1 to 3 p.m.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Wednesdays, through March 11, noon to 4 p.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

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**VITA Free Income Tax Form Preparation (ages 50+)**

Through April 10. Call Linda at 229-1125 to schedule an appointment.  
Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

**Free Seniors CAN Workshops (ages 50+)**

Tuesdays, through April 28, 10:30 a.m.. Register in advance.  
Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.  
Speakers from UNR's Cooperative Extension Service teach on nutrition and health topics.

**Free AARP Income Tax Form Preparation Assistance (ages 50+)**

Mondays, Wednesdays and Fridays, February 2 through April 13, 9 a.m. to noon, by appointment only.  
Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Fridays, February 6 through April 10, 9 a.m. to 2 p.m., by appointment only.  
East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Tuesdays and Fridays, February 10 through April 14, by appointment only.  
Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

**Free Doolittle Cinema & Popcorn (ages 50+)**

Monday, February 2, 1 p.m. Call for movie title.  
Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

**Photo Editing Workshop (age 50+)**

Monday, February 2, 1 p.m. Advance registration required.  
Fee: \$2  
East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.  
Learn to download and enhance your photos using Picasa software.

**Clark County Senior Advocate Office Hours (ages 50+)**

Tuesdays, February 3, 10 and 17, 10 to 11:30 a.m.  
Doolittle Senior Center, 1930 N. J St., (702) 229-6125.  
The senior advocate will be available to provide information on advance directives, living wills, long-term care insurance, medical assistance, Medicare, utility discounts, power of attorney, social service programs, fraud and safety awareness and transportation issues. No charge for assistance.

**Free Health Is Wealth Workshop (ages 50+)**

Tuesday, February 3, 12:30 p.m.  
Doolittle Senior Center, 1930 N. J St., (702) 229-6125.  
Learn which foods to eat to help prevent or eliminate most diseases. Instructor has 48 years of experience as a pharmacist and teaches local college classes.

**Lieburn Breakfast Nook (ages 50+)**

Wednesday, February 4, 8:30 a.m. Register in advance.  
Fee: \$2 per person  
Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.  
Enjoy freshly cooked breakfast specialties, freshly ground coffee, juice and great company.

**Snow Day at Mt. Charleston Day Trip (ages 50+)**

Wednesday, February 4, 10 a.m. Register in advance.  
Fee: \$2 transportation fee plus cost of lunch and sleigh ride.  
East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.  
Spend the day playing in the snow and going on a sleigh ride.

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**Photo Scavenger Hunt & Lunch** (ages 50+)

Wednesday, February 4, 10 a.m. to 3 p.m. Register in advance.

Fee: \$2 transportation fee plus cost of lunch

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Visit the Fashion Show Mall to capture photos, shopping and lunch.

**Hoagie Wednesday** (ages 50+)

Wednesday, February 4, 11 a.m. to noon. Please register at least one week in advance.

Fee: \$3 per meal

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

**Bunco Bonanza** (age 50+)

Wednesday, February 4, 11 a.m.

Fee: \$3

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Enjoy a light brunch and a fun afternoon playing Bunco. Prizes awarded.

**Newport Audiology Lecture and Hearing Screenings** (ages 50+)

Wednesday, February 4, 1 to 3 p.m. Advance registration required.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Free hearing screening and lecture on preventing hearing loss.

**Monthly Breakfast** (age 50+)

Thursday, February 5, 9 to 10 a.m. Advance registration required.

Fee: \$2

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

**Geocaching Day Trip** (ages 50+)

Friday, February 6, 9 a.m. to 3 p.m. Advance registration required.

Fee: \$2 transportation fee.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Discover hidden treasures around town. Bring lunch. No hiking.

**Free Spa O.N.E. Pedicures** (ages 50+)

Friday, February 6, 10 a.m. to 1 p.m. Please register at least one week in advance.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Appointments for pedicures for seniors that have special needs, such as diabetes.

**Soup's On Luncheon** (age 50+)

Friday, February 6, noon. Advance registration required.

Fee: \$2

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Enjoy homemade black bean, brown rice and chicken chili; bread; dessert and a beverage.

**Free Black History Month Trivia** (ages 50+)

Monday, February 9, 11 a.m. to noon

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

**Free Digital Camera Club Meeting** (ages 50+)

Monday, February 9, 1 to 3 p.m.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Discuss tips and tricks, learn about new technology, share photos and go on photographic field trips.

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**AARP's Driver Safety Program** (ages 55+)

Fee: \$10; Pre-registration required. Call toll-free 1-888-227-7669 to register. Classes may be canceled for lack of enrollment. Nevada law allows for a discount on auto insurance premiums when course is completed. Register at least one week in advance.

Monday, February 9, 8 a.m. to 4 p.m.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Wednesday, February 11, 8:30 a.m. to 4:30 p.m.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Tuesday and Wednesday, February 17-18, 9:30 a.m. to 1:30 p.m. Must attend both sessions.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Wednesday and Thursday, February 18-19, noon to 4 p.m. Must attend both sessions.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Tuesday and Wednesday, February 24-25, 3 to 7 p.m. Must attend both sessions.

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

**Yahtzee Tournament Patio Party** (ages 50+)

Monday, February 9, 2:30 to 4 p.m. Register in advance.

Fee: \$1

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

**Dancing Flames Candle Making Workshop** (ages 50+)

Tuesday, February 10, 10 a.m. Register at least one week in advance.

Fee: \$5

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Choose your favorite scent and learn to make your own candles, valentine style.

**Goodtime Fish Fry** (ages 50+)

Tuesday, February 10, 11 a.m.

Fee: \$7

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

**Valentine's Potluck** (ages 50+)

Tuesday, February 10, 12:30 p.m. Register in advance.

Fee: Bring a dish to share.

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

**World Cuisine Cooking Club** (ages 50+)

Tuesday, February 10, 1 to 3 p.m. Advance registration required.

Fee: \$2

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Learn to cook. Call for topic. Sampling mandatory!

**Free Health Is Wealth Workshop** (ages 50+)

Tuesday, February 10, 2:30 p.m.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Learn which foods to eat to help prevent or eliminate most diseases. Instructor has 48 years of experience as a pharmacist and teaches local college classes.

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**Ethel M Chocolate Factory Tour and Lunch** (ages 50+)

Wednesday, February 11, 10 a.m. to 1 p.m. Advance registration required.

Fee: \$2 transportation fee plus cost of lunch.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

See how the Ethel M chocolate factory operates and tour the cactus garden, then enjoy lunch.

**Valentine's Day of Love Luncheon** (age 50+)

Wednesday, February 11, 11:30 a.m. Advance registration required.

Fee: \$5

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

**Casanova's Sweet Cuisine Luncheon** (ages 50+)

Wednesday, February 11, 11:30 a.m. to 1 p.m. Advance registration required.

Fee: \$4

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

**French Cooking Workshop** (age 50+)

Wednesday, February 11, 2 to 4 p.m. Advance registration required.

Fee: \$2

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

**Free Name That Tune Game** (ages 50+)

Thursday, February 12, 10 a.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Test your knowledge and have fun enjoying music from the '50s to present.

**Free Park Ambassadors Meeting** (ages 50+)

Thursday, February 12, 10 a.m.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Being a park ambassador gives you an opportunity to be of service to your community by helping keep parks safe for everyone. Call for information.

**Mi Amore Chocolate Party** (ages 50+)

Thursday, February 12, 1 p.m. Register in advance.

Fee: \$3

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

**Valentine Cookie Decorating Workshops** (ages 50+)

Thursday, February 12, 1 to 3 p.m. Advance registration required.

Fee: \$2

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

**Cookie Bouquets Workshop** (age 50+)

Thursday, February 12, 1 to 3 p.m. Advance registration required.

Fee: \$5

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

**Boulder City Day Trip** (ages 50+)

Friday, February 13, 9 a.m. Register in advance.

Fee: \$2 transportation fee, \$6 entry fee, plus cost of lunch.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Tour the Railway Museum, enjoy a trip down the tracks, lunch and downtown shopping. Lots of walking.

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**Monthly Texas Hold 'Em Poker Tournament (ages 50+)**

Friday, February 13, 10 a.m. to 1 p.m.

Fee: \$2

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Pit your skills against others in this monthly tournament.

**Free Blood Pressure and Heart Rate Checks (ages 50+)**

Friday, February 13, 10 a.m. to noon

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

**Lieburn Valentine's Luncheon (ages 50+)**

Friday, February 13, 11 a.m. Advance registration required at least two days in advance.

Fee: \$4

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

**Pre-Valentine Day Social (ages 50+)**

Friday, February 13, 12:30 to 2:30 p.m.

Fee: \$3

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

**Free Monthly Billiards Tournament (ages 50+)**

Friday, February 13, 2 to 4 p.m.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Play practice games during the week, then join us monthly for a pool tournament shoot-out.

**Mardi Gras Dance (ages 50+)**

Tuesday, February 17, 5 to 8 p.m.

Fee: \$4

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Enjoy this specialty-themed and decorated Big Band dance with light refreshments.

**Free Blood Pressure Check (ages 50+)**

Wednesday, February 18, 9 a.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

**Monthly Breakfast (ages 50+)**

Wednesday, February 18, 9 a.m. Advance registration required.

Fee: \$3

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Enjoy French toast with fruit and new friends. Tighten & Tone and Fitness Over 50 class participants immediately prior to breakfast will receive a discount.

**Centennial Hills Monthly Breakfast (ages 50+)**

Wednesday, February 18, 9:30 a.m. Register in advance.

Fee: \$3

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Enjoy French toast and fresh fruit.

**Jewelry-Making Workshop (ages 50+)**

Wednesday, February 18, noon to 1:30 p.m.

Fee: \$1 plus supplies

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

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**Chocolate Festival** (age 50+)

Wednesday, February 18, 1 p.m. Advance registration required.

Fee: \$4

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Enjoy light refreshments, entertainment and sampling a variety of chocolates, cakes and pastries.

**Bunco** (ages 50+)

Wednesday, February 18, 1 to 3 p.m. Advance registration required. No experience or skill needed.

Fee: \$1

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

**Breakfast Buffet & Movie Day Trip** (ages 50+)

Friday, February 20, 9 a.m. to 2 p.m. Advance registration required.

Fee: \$2 transportation fee, plus cost of buffet breakfast and movie.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

**Free Pickin' and Grinnin' Workshop** (age 50+)

Friday, February 20, 10 a.m. Advance registration required.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Dust off your guitars and join this group for a free jam session.

**Free Spa O.N.E. Pedicures** (ages 50+)

Friday, February 20, 10 a.m. to 1 p.m. Please register at least one week in advance.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Appointments for pedicures for seniors that have special needs, such as diabetes.

**Mardi Gras Social** (ages 50+)

Friday, February 20, at noon. Advance registration required.

Fee: \$3

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

**PhotoShop Elements Workshop** (ages 50+)

Monday, February 23, 10 a.m. to noon. Advance registration required.

Fee: \$5

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Learn to enhance your digital photos with PhotoShop Elements software.

**Free Vascular Wellness Lecture** (ages 50+)

Monday, February 23, 1 to 3 p.m.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Free refreshments, free education and priceless empowerment. Speaker Anna Smith, R.N.

**Foot Care Clinic** (ages 50+)

Tuesday, February 24, 8:30 a.m. by appointment only

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Free foot care for seniors age 60 and older, \$25 for those less than 60 years. Appointment required.

**National Pancake Day Celebration** (ages 50+)

Tuesday, February 24, 10 a.m. to noon or 4:30 to 6:30 p.m. Advance purchase required.

Fee: \$1.50 per stack

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Enjoy hot, delicious pancakes twice today. Purchase tickets at the front desk in advance.

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**Free Food for Health and Soul Workshops** (ages 50+)

Tuesdays, February 24 through March 31, 10 a.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

**Mardi Gras Mania Fat Tuesday** (ages 50+)

Tuesday, February 24, 1 p.m. Register in advance.

Fee: \$5

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

**Free NASCAR Challenge** (age 50+)

Wednesday, February 25, 10 a.m. Advance registration required.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Get ready to race your team to see if you can take the checkered flag or cheer your favorite racers.

**Free Monthly Birthday Celebration** (ages 50+)

Thursday, February 26, 11:30 a.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Enjoy cake as we honor seniors who have birthdays during the month.

**iTunes Workshop** (ages 50+)

Thursday, February 26, 2 to 3:30 p.m. Advance registration required.

Fee: \$2

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Turn your CDs into digital files using iTunes.

**NASCAR Qualifying Day Trip** (age 50+)

Friday, February 27, 8 a.m. to 4 p.m. Advance registration required.

Fee: \$2 transportation fee.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

**NASCAR Qualifying Day Trip** (age 50+)

Friday, February 27, 9 a.m. Advance registration required.

Fee: \$2 transportation fee

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Spend the day at the Las Vegas Motor Speedway watching the best in NASCAR action.

**Soup's On Luncheon** (age 50+)

Friday, February 27, noon. Advance registration required.

Fee: \$2

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Enjoy homemade zucchini chicken cheddar soup, bread, dessert and a beverage.

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